



Healthy Ulster County Week 2016

May 7 – 15, 2016



“Together we can make Ulster County the healthiest County in New York State!” - Ulster County Executive Mike Hein

The Robert Wood Johnson Foundation County Health Rankings compares counties within each state, throughout the country, on more than 30 factors that impact public health. Since 2011, Ulster County has moved from #35 to #16 out of 62 counties, a better than 50% improvement. This ranking has been achieved through an amazing community partnership and I thank everyone involved for their tremendous contributions and all the work they do throughout the County. Ulster County continues to make incredible progress and that is something we can all be very proud of.

Healthy Ulster County Week includes events to encourage Ulster County residents to eat better, exercise more, and increase awareness of their health. There is no doubt that a healthy community is a desirable place to live, work, raise a family, and to grow a business. During Healthy Ulster County Week special promotions are being offered by local businesses and others that want to help keep and improve the overall health of Ulster County Residents. **County Executive Mike Hein invites you to visit these Healthy Ulster County Week participants:**



Women's Health & Fitness Expo

Women's Health and Fitness Expo – www.WomensHealthExpo.com - 16th Annual Expo featuring over 100 booths and exhibits at Miller Middle School in Lake Katrine; and will be focusing on “it sure feels good... feeling good about yourself.”

- Over 100 booths and exhibits / Over 20 free health screenings
- Seminars and workshops
- Healthy Food Court with cooking demos and samples from area chefs
- Ongoing exercise and fitness demonstrations
- “The Doctor is In” booth featuring private consultations with specialists
- Spa Treatments and much more!
- Tickets are \$8 online or \$10 at door. **Saturday, 5/7 from 8:30am to 4pm**

Alpine Endeavors: <http://alpineendeavors.com>

Experience the great rock climbing of the Mid-Hudson Valley in the renowned Gunks! This event is open to participants of all ability levels. Alpine Endeavors will provide professional instruction with New York State Licensed and AMGA Certified guides based on a 4:1 climber:guide ratio. Guides will take you climbing at a pace that suits your needs and will make the day as challenging as you desire. A typical half-day runs approximately four hours long. They will provide all the technical equipment needed - helmet, harness, rock shoes, rope, etc. You will need to bring personal gear and lunch, and purchase your own climbing pass for the day (\$10 per person). \$75 enrollment fee. For more information visit <https://alpine-endeavors.frontdeskhq.com/courses/103496> or call 877-486-5769. Meet at Rock and Snow, 44 Main St, New Paltz, NY. **5/12, 9am**

American Cancer Society - Relay for Life: www.relayforlife.org

Join local communities at one of the various Relay for Life events to honor cancer survivors, remember loved ones lost, and fight back against this disease.

Relay For Life of Saugerties – Kiwanis Ice Arena - **5/14**

Bark For Life of Ulster County (a canine event) – Kiwanis Ice Arena- **5/15**

Relay For Life of Rondout Valley – Rondout Valley High School - **5/21**

Relay For Life of Kingston – Dietz Memorial Stadium - **6/11**

Sign up and/or Donate at relayforlife.org.

Any-Time Home Care, Inc.: www.anytimehomecare.com

Branch Manager, Melissa, has organized a special educational training designed for the home health aides at her agency. They are attending for an annual in service training and will learn about healthy living options such as diets, exercise, heart health, cholesterol, and much more. 686 Aaron Court, Kingston, NY, 845-340-0100. **Wednesday, 5/11/16**

Barner Books: www.barnerbooks.com

Offering 25% off any used health/wellness books; including books on exercise, healing, diet, yoga, meditation, and healing arts. 3 Church St., New Paltz, NY 845-255-2635. **During Healthy Ulster County Week 5/7-5/15**

Binnewater Ice Co. in Kingston - www.binnewater.com

New customers who mention Health Ulster County Week will receive 5 free bottles and 1 free month of water cooler usage. (Requires a one year commitment and payment of refundable bottle deposit) 25 South Pine St., Kingston, NY. **During Healthy Ulster County Week, 5/7-5/15**

Bowery Dugout: www.BoweryDugout.com

Slam down cooking show, Bruce Paley as emcee with 3 chefs doing a heart healthy competition, judging and meet and greet at the end of the show.

At The Women's Health Expo at Miller Middle School, 65 Fording Place Rd, Lake Katrine, NY. Saturday, 5/7 11am -12pm

Buttermilk Falls Inn & Spa: www.buttermilkfallsinn.com

The Buttermilk Falls Inn & Spa will be offering healthy menu items during the week which include a Healthy Ulster County Prix Fixe Dinner Menu for \$40.00 per person at Henry's at the Farm. Entrees offered include: Pan Seared Scottish Salmon with Sweet English Pea Puree, Vegetable Israeli Cous-cous, Micro Beets, Cipollini Onion; OR Oven Roasted Campanelli's Farm Raised Half Chicken with roasted potatoes, sautéed mustard greens, and watermelon-chervil salsa. Located at 220 North Rd, Milton, NY. **During Healthy Ulster County Week.**

Caring Connections of Ulster County: <http://www.caringconnectionsofuc.com>

Annual Family Caregiver Conference "Putting the Pieces Together" – Join Caring Connections of Ulster County and RCAL as they present Keynote Speaker: William Colagrande, MS of The Institute for Human Development – Real Life Solutions for Real Life Problems – "The Caregiver's Sixty Minute Guide to a Healthy Ego." There will also be additional presentations: *Keep Them Home: Nursing Home Transition and Diversion Program; The Spiritual Aspects of Caregiving; Pooled Trust to Meet Medicaid Spend-Down; and New Legislation that will Benefit Ccaregivers.* Local vendors will also be on hand with information about community resources. This is a free conference; registration is required at the website above or by calling 845-901-5744. Continental breakfast, luncheon and afternoon snack included. The Chateau, Route 32 South, Kingston, NY. **Friday, 5/13, 8am-4pm**

Christina's Restaurant: www.christinasrestaurant.net

Christina's Restaurant in Kingston will be offering healthy lunch and dinner specials. 812 Ulster Avenue, Kingston, NY (845)-339-7400. **During Healthy Ulster County Week 5/7-5/15**

Cornell Cooperative Extension of Ulster County: <http://ulster.cce.cornell.edu>

- Walk for Wellness - CCEUC will be leading a short walk starting at their office located in the Kingston Plaza through uptown Kingston and returning to the plaza to promote walking as a worksite wellness activity. All are welcome to join in the walk. **Thursday, 5/12, 1:30pm**
- Attend the Canning Demonstration - CCEUC Nutrition Educator Janie Greenwald will be providing a one hour canning demonstration at the CCEUC

office in the Kingston Plaza to promote healthy cooking and eating. **Thursday, 5/12, 3pm – 4pm**

Edible Independence: www.edibleindependence.com

Brought to you by Mountain Valley Manor Adult Care Home, buy 3 weeks of prepared meals and get 1 week free! Mention “Healthy Ulster County Week” when calling to order. Only \$55 for 7 healthy, tasty, and convenient frozen meals including desserts, delivered to your door! *Seniors should call and check with their insurance provider because the meal delivery service may be free through your policy's MLTC provision coverage! Call (845) 331-MEAL (6325) to order. **During Healthy Ulster County Week, 5/7-5/15**

Ellenville Regional Hospital: www.ellenvilleregional.org

The cafeteria at Ellenville Regional Hospital will be serving a healthy lunch option every weekday of Healthy Ulster County Week. Open to employees and the public. **Monday – Friday, 5/9 – 5/13**

Highland Public Library: <http://www.highlandlibrary.org>

Enjoy healthy after school snacks, programs, and assorted book displays during Healthy Ulster County Week. 30 Church Street, Highland, NY 12528, (845)-691-2275.

- Rail Trail Walk, **Saturday, 5/7, 2pm**
- Adult Coloring for Mind Relaxation, **Wednesday, 5/11, 6:30pm**

HVCS's 24th Annual Hudson Valley AIDS Walk & NEW 5K Run:

<http://www.hudsonvalleycs.org/aidswalk> -Hudson Valley Community Services hosts the 24th Annual Hudson Valley AIDS Walk and for the first time 5K Run! The HVCS AIDS Walk is where hundreds of walkers meet on the Walkway over the Hudson to raise donations for Hudson Valley Residents living with HIV/AIDS. For more information, see the Hudson Valley Community Services Website. Beginning on the Poughkeepsie side of the **Walkway Over the Hudson, Saturday, 5/7 8:30am to 1pm**

Hudson Valley Rail Trail Association: www.hudsonvalleyrailtrail.net

Learn-To-Run Program, offered by the Hudson Valley Rail Trail Association. This 10 Week Program gradually takes participants from zero running ability to being able to run 20 minutes non-stop. The course is based on sets of running and walking. The running portion increases each week while the walking gradually decreases. The mood is friendly, non-stressful, and non-competitive. To date, several hundred participants have discovered the inner runner in them for healthier outlook and lifestyle. At the Hudson Valley Rail Trail Pavilion at 101 New Paltz Road in

Highland, New York. Cost is a \$15.00 membership to the Rail Trail. Contact Rafael Diaz at rafaeldiaz2@optonline.net or at (845)-255-7742. **Saturdays, 4/16 – 6/18 at 9 am**

Ignite Fitness: www.ignite-fitness.com

Ignite Fitness' Weight Room and Cardio Facilities will be open to all Ulster County residents, free admission. Classes and the locker room facilities are excluded. 246 Main Street, New Paltz, NY 12561. **During Healthy Ulster County Week 5/7- 5/15**

ILoveKickboxing.com – Saugerties: www.ilovekickboxingsaugerties.com

Offering 50% off 3 classes and a pair of boxing gloves. Visit the website to sign up for the web special and use the code “ULSTER” at checkout. Route 9W, Twin Maples Plaza, Saugerties, NY 845-246-5425. **During Healthy Ulster County Week, 5/7-5/15**

Kingston Athletics: www.kingstonathletics.com

Kingston Athletics is offering 3 FREE entry-level classes of Crossfit. To attend these classes registration is required by Monday 5/9. Located at 120 State Rt. 28, Kingston, NY (behind All-American Ford). Call (845)-514-2177 for more information and to register. Classes will be held: **Tuesday 5/10 & Thursday 5/12 (6:30pm – 7:30pm) and Saturday 5/14 (8am-9am)**

Kingston Farmers Market: www.kingstonfarmersmarket.org

It is opening day for the Kingston Farmers Market! 35 Local farmers and vendors who travel an average of 30 miles will be selling their wares right on Wall Street in historic Uptown Kingston, in front of the Old Dutch Church. The farmers market will be held every **Saturday starting 5/7** through Thanksgiving from **9am to 2pm**

MAC Fitness: www.macfitness.net

Enjoy a complimentary one week trial membership at both clubs which includes all classes and gym equipment. MAC Fitness is also offering a complimentary personal training session (by appointment only), as well as a complimentary private Kickboxing and/or Boxing session (by appointment only). MAC welcomes beginners! This is available to local residents who mention “Healthy Ulster County Week” and are first time guests, ages 18 and above. Clubs are located at 743 East Chester St. Bypass, Kingston and Kingston Plaza, 338 Plaza Road, Kingston. **Healthy Ulster County Week 5/7 – 5/15**

Minnewaska State Park Preserve “I Love My Park Day:” www.ptny.org

Minnewaska State Park Preserve will host volunteers for the fifth annual I Love My Park Day on Saturday, May 7th from 10:00 a.m. – 4:00 p.m. at the Lake Minnewaska

Area and from 9:00 a.m. – 4:00 p.m. at the Sam’s Point Area. Get active outdoors, while helping to improve and enhance New York's parks. Volunteers are asked to please bring garden gloves, sunglasses, water, a lunch or snacks, bug spray, sunscreen and sturdy boots. Volunteers should meet at the Wildmere Parking Area at Lake Minnewaska for the Stonykill Falls Footpath and Blueberry Run Projects, or meet at the Sam’s Point Preserve Visitor Center for the Verkeederkill Falls Footpath Project. Registration is required at www.ptny.org/ilovemypark. For more information call 845-255-0752. **Saturday, 5/7 10am-4pm (Lake Minnewaska) / 9am-4pm (Sam’s Point)**

Mohonk Preserve: www.mohonkpreserve.org

In addition to the monthly passes Mohonk Preserve previously offered in April to residents to use through May 15th, they are also offering the following classes:

- Qigong at the Pavilion – Exercises for opening your heart, strengthening your body and cultivating your life force. Experience the healing power of the ancient Chinese exercises connected to the natural elements, guided by Bobbi Esmark. Ages 15 and older are welcome, space is limited, and registration is required. \$12 per class or \$85 for series of 9 classes. Spring Farm Lot, Upper 27 Knolls Rd, High Falls, New York. **Wednesdays, 5/4 - 6/29, 6pm–7pm**
- Tai Chi at the Pavilion - Tai Chi Chuan is a lifelong learning process which can improve health, strengthen the body, increase stamina, generate energy and clear and calm the mind. New students will learn a slow sequence of circular, balanced movements. Learn the elegant movements that are the foundation of the entire system and embody all of the physical and philosophical principles of Tai Chi Chuan, guided by Bobbi Esmark. Ages 15 and up are welcome. The cost per person: \$85 for the series (9 classes), no single class registration. Space is limited; registration is required. Cost for full series of both Tai Chi and Qigong is \$120. Register online. **Wednesdays, 5/4 – 6/29, 7pm – 8pm**

Mother Earth’s Storehouse: www.motherearthstorehouse.com

Stop in Mother Earth’s Storehouse for Healthy cooking demonstrations at 300 Kings Mall Ct., Kingston, NY. Demonstrations will be held on the following dates: **5/7 (1pm-3pm), 5/12 (12pm-3pm), 5/13 (1pm-3pm), 5/14 (1pm-3pm)**

Mountain Valley Manor Assisted Living Home: www.mountainvalleymanor.com

New residents can take \$1,000 off of their first month’s rent **during the month of May 2016** by mentioning Healthy Ulster County Week! “In our home, you are on your own, but never alone!” For more information call (845)-331-1254, 397 Wilbur Avenue, Kingston, NY.

Mudita Yoga Center: www.muditayogacenter.com

Offering a discount on all yoga classes on their regular schedule during Healthy Ulster County Week. 243 Fair Street, 3rd Floor, Kingston, NY. **\$5 per class 5/7 – 5/15**

Overlook Mountain Bikes: www.overlookbicycles.com

Join Overlook Mountain Bikes for a group road bicycle ride. A 20 mile route on roads in and around the Town of Woodstock. There will be a ride leader and sweeper; no cyclist will be left behind. Regroup at all major turns and road intersections. Cycling at a 13-14 mph average speed and leaving from the Overlook Mountain Bikes Shop in Woodstock. Located at 93 Tinker St, Woodstock, NY, 845-679-2122. **Saturdays, 5/7 & 5/14, 9am**

Santa Fe Uptown: www.santefekingston.com

- Featuring "Healthy Ulster" Specials during Friday & Saturday nights which will include low-calorie and heart-healthy options made with homemade vegan proteins; locally sourced organic meats & produce; and fish specials. 11 Main St., Kingston, NY (845)-339-7777. **5/7, 5/13 & 5/14**
- Also offering special happy hour pricing on a variety of items to those guests who ride their bikes to the restaurant. 11 Main St., Kingston, NY (845)-339-7777. **Monday- Thursday, 5/9 - 5/12**

Santa Fe Woodstock: www.santafewoodstock.com

- Featuring “Healthy Ulster” Specials during Friday, Saturday & Sunday nights which will include low-calorie and heart-healthy options made with homemade vegan proteins; locally sourced organic meats & produce; and fish specials. Located at 1802 Route 28, Woodstock, NY (845)-657-5555. **5/7, 5/8, 5/13, 5/14 & 5/15**
- Also offering a special happy hour pricing on a variety of items to those guests who come in and share that they have enjoyed biking on the Rail Trail or hiking one of the County’s mountains that day. Located at 1802 Route 28, Woodstock, NY (845)-657-5555. **Saturdays & Sundays, 5/7, 5/8, 5/14 & 5/15**

ShopRite of Kingston: www.shoprite.com

- National Women’s Health Week – Make your health a priority! The Shoprite of Kingston Dietician and Pharmacy Team will be available to answer all your questions and set you on a path to optimum health and wellness. 801 Miron Lane, Kingston, NY. **Monday, 5/9 2:00 - 4:00 pm**

- **Dietician's Cooking Demonstration.** Stop by the Shoprite of Kingston to learn how simple and flavorful healthy recipes can be, have a sample, and take home a recipe! 801 Miron Lane, Kingston, NY. **Thursday, 5/12 1:00pm–4:00pm**

TRT Bicycles: www.trtbicycles.com

TRT Bicycles is offering a 15% discount on clothing and accessories with the mention of “Healthy Ulster County Week.” Located at 1066 Rt 32, Rosendale, NY. **During Healthy Ulster County Week, 5/7 – 5/15**

Wallkill Public Library: www.wallkillpubliclibrary.org

The Wallkill Public Library will be offering “Foodie Friday.” Kids ages 8 and older are invited to learn how to make healthy smoothies and finger foods. Wallkill Public Library, 7 Bona Ventura Ave., Wallkill, NY. **Friday, 5/13, 4pm**

West Hurley Public Library: <http://westhurleylibrary.org>

The Friends of West Hurley Library is sponsoring a hike at Slabsides, John Burroughs writing cabin. Constructed in 1895, the rustic cabin lies about 1.5 miles from Riverby. Participants should dress in layers appropriate for the weather, wear sturdy footwear, and bring 1 liter of water. The hike is considered easy to moderate. Registration is required, admission is FREE! Call (845)-679-6405. Hikers will meet at the Pond entrance off Floyd Ackert Rd, Highland at 9am. **Thursday, 5/12, 9am (Rain date 5/19, 9am)**

William Weinstein Acupuncture: www.weinsteinacu.com

William Weinstein Acupuncture will be offering 20% discount for one initial acupuncture session, including history, exam and treatment. Weinstein Acupuncture specializes in the treatment of pain, sports injury and athletic event prep, stress reduction and wellness. Please visit their website for a thorough explanation on their approach to acupuncture! For more information call (845)-255-2070. Located at Performance Sports & Wellness in Cherry Hill Plaza, 3 Cherry Hill Road, New Paltz, NY. **During Healthy Ulster County Week, 5/7 – 5/15**

Women's Woodstock Cycling Grand Prix:

<http://www.womenswoodstockcycling.com> - A women's only bicycle race traveling through Woodstock, Saugerties, and Phoenicia, beginning and ending in Woodstock. The Grand Prix is a “display of feminine sportsmanship covering over 50 miles of demanding terrain, touching and inspiring many communities, illustrating the wonder of cycling.” There will be a block party after the races. See website for more information and to register. **Saturday, 5/7**

- 6:30 AM: Registration opens

- 8:00 AM: Pro 1/2 Official Start
- 8:10 AM: Cat 3 with Masters Official Start
- 8:20 AM: Cat 4 with First Timers Club Official Start
- 9:30 AM: Children's bicycle safety clinic
- 11:00 AM: Block Party starts

YMCA of Kingston and Ulster County: www.ymcaulster.org

3rd Annual YMCA Bike Fest sponsored by ShopRite of Kingston. Activities include: Community Bike Ride (Kids and Families Welcome!), Bike Safety Education and a Bike Repair Clinic. Donated Bikes are also accepted as part of the YMCA's Lend-A-Wheel bike recycling program. All activities are free and open to the public.

507 Broadway, Kingston, NY. **Sunday, 5/15 11am – 2pm**

YWCA: www.ywcaulstercounty.org/2nd-annual-mothers-day-5k

Participate in the YWCA's 4th Annual Mother's Day 5K Run/Walk. The race will take place throughout uptown Kingston and will begin at the YWCA and finish at Keegan Ales on Saint James Street with awards and a free BBQ. Pre-register at the YWCA website above. \$15 Adults, \$10 for 12 years and younger. Race day registration is \$20 for Adults. T-Shirts to the first 150 registrants. YWCA, 209 Clinton Avenue, Kingston, NY. 845-338-6844(x102) **Saturday, 5/7, 10:00am**

Take a Walk or Ride your Bike – Ulster County is home to many wonderful places that you can walk and/or bike at any time, including but not limited to:

- Sam's Point Preserve in Cragsmoor www.nature.org
- Minnewaska State Park Preserve in New Paltz www.nysparks.state.ny.us
- Wallkill Valley Rail Trail in New Paltz <http://www.wvrta.org>
- Town of Shawangunk Rail Trail
- Walkway Over the Hudson in Highland www.walkway.org
- Hudson Valley Rail Trail in Highland www.hudsonvalleyrailtrail.net
- D & H Canal Heritage Corridor www.dandhcorridor.org
- Overlook Mountain Fire Tower in Woodstock www.catskillcenter.org/towers
- Belleayre Mountain in Highmount www.belleayre.com
- Catskill Forest Preserve <http://www.dec.ny.gov>
- Hurley Rail Trail

